

newsletter

AIDS NETWORK OF EDMONTON

March 23, 1987

Volume 2, No. 3



network news

ANNUAL GENERAL MEETING

MARCH 31, 1987

Stephen Hume, the Editor of the Edmonton Journal, will speak at the Annual General Meeting of the AIDS Network of Edmonton Society. Mr. Hume will discuss the role of the press in the fight against AIDS. In addition to this speech, the meeting will also be the occasion for the election of the NETWORK's new Board of Directors. All members of the AIDS NETWORK are eligible to vote in new Board members, as well, all members (excluding NETWORK staff) are eligible to present themselves in nomination for the positions on the Board.

The meeting will be held in the downstairs theatre at the Edmonton Art Gallery (99 Street and 102 A. Avenue). It will start at 7:30 p.m. and end by 10:00 p.m.

Those wishing to become members of the AIDS Network of Edmonton Society may do so by contacting the Ross Armstrong Office before March 31. (See back page of this newsletter for the Membership Form)

Charitable Status Received

After a long and arduous process of applications and re-applications, the AIDS NETWORK has finally been awarded a tax-exempt status as a registered charity. The number we have been assigned will apply to all non-specifically designated donations made to either the AIDS Network of Edmonton Society, or to the Ross Armstrong Memorial fund, SINCE APRIL 01, 1986. Anyone wishing to obtain Income Tax deductible receipts for donations made after that date should get in contact with the AIDS NETWORK office.

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Testing Positive

A LETTER FROM AN HIV POSITIVE

Reprinted from AIDS Calgary Newsletter
(March 1987)

About six months ago, I found out that my boyfriend had ARC. While my concerns for him were genuine, there was a concern for myself also. I wasn't sure what it all meant, but I was convinced that a trip to The General for a blood test would help me understand.

During the next month or so, I tried to prepare myself for the results which I had already decided were going to be positive. I found that you can't prepare yourself for that kind of news. When the doctor said, "your tests are positive," I claimed I knew what it meant, only to discover I didn't. For the following couple of months I tried to get everything in order so that when I dropped dead, it would be easy to wrap up my personal affairs. My health deteriorated, and I am now convinced that it was a deterioration not due to HIV, but rather my own behavior. I allowed myself to over-react - I lived under a lot of stress, I smoked more, I ate less, I slept poorly, and I adopted a lifestyle based on my fast approaching death. Nothing seemed to matter anymore; no more sex, no more plans to retire to Hawaii - the future just wasn't there. It didn't even make sense to work for anything other than self-indulgences.

I spent a lot of time feeling sorry for myself and letting my friends feel sorry for me also. As time went, friends

Reprinted from Angles (Feb. 1987)
*Man of My Dreams, graphite portrait by
Shannon Hodges (Shalala).*



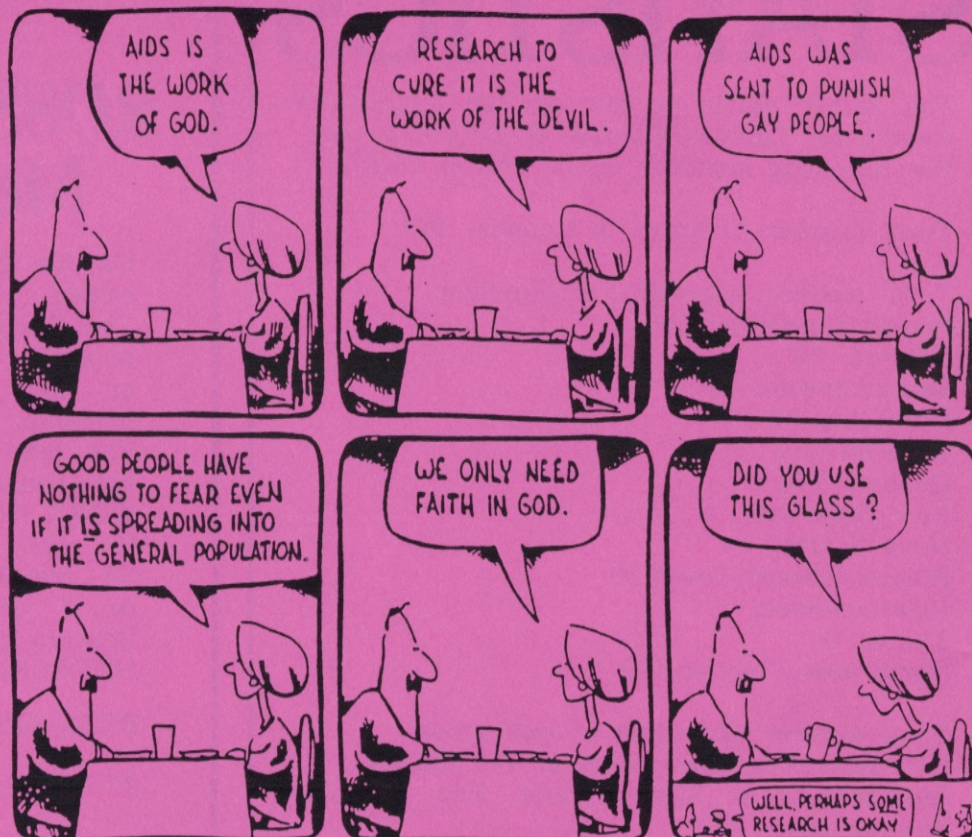
stopped feeling sorry for me, after all, I only had a positive test result. By talking about it with them I slowly began to recognize the facts. If 1 in 10 people with a positive test actually develop AIDS, wasn't I being a bit over-reactive to assume that one would be me? If the development of AIDS is accelerated by co-factors, why was I doing everything to promote these factors? I quit having sex because I knew I had the virus, but those infected who don't know it are having a fulfilling sex life, and, by following safe sex guidelines, are not putting themselves or others at risk (initial or further exposure). It occurred to me that someone who knew they were infected could possibly be more insistent on having safe sex, and, sex with a "positive" could be safer than someone who doesn't know.

Continued on next page

.....
I am sick so that others may love me,
Others are sick so that I may
show them love.

Shirley Maclaine

a not-so- funny cartoon



Reprinted from Toles: Buffalo News

Testing Positive

Continued from Page Two

Finally, I started to make some sense of it all. I smoke cigarettes (a lot), and it ocured to me that my chances of developing lung cancer far exceeded those of developing AIDS. I often thought I should quit smoking, and lessen my chances of developing illness associated with it, so why not take steps to lessen my chances of developing AIDS?

As a result, I have changed my lifestyle, but not my life. There isn't much difference in my attitudes about life today than there were before I knew anything about AIDS. The changes in my living habits have come as a natural consequence of being aware that, if I want to increase my chances of living a normal and productive life, I'd better change the unhealthy aspects of it.

So what's my lifestyle involve today? I've quit drinking for starters. I know everybody's heard it before--"I feel so much better!" --sorry, but it's true. I've cut back on cigarettes (I really am trying to quit). I was never big on drugs, but those that I used to do, I don't anymore.

I've also discovered that exercise can be fun. I've started swimming, and if nothing else, the scenery is worth it. Better eating habits have increased my appetite, and a daily dose of vitamins seems to have helped increase my energy level. My lifestyle today revolves around common sense. I still need work in a lot of areas, but at least I've made a good start.

Finally sex. What can I say? Sex today is as good as it ever was (sometimes better). My imaginative boyfriend has developed a condom application technique that is basically undetectable, and there is very little sexual activity from my past that is not part of my present. I guess the message is simple. If you don't know whether or not you've been exposed, if you have been exposed, if you have ARC, or even AIDS, there's a whole lot you can do to make your life more fulfilling. The basic guidelines all revolve around common sense. No matter what stage you are at, there are other people in the same situation, and they are willing to help. All you have to do is ask.

STATISTICS

The latest statistics out of the Laboratory Centre for Disease Control in Ottawa report the following numbers, as of March 16/87:

Total number of cases in Canada: 944

Total number according to province:

British Columbia: 208

Alberta: 50

Saskatchewan: 12

Manitoba: 17

Ontario: 362

Quebec: 274

New Brunswick: 6

Nova Scotia: 14

Prince Edward Island: 0

Newfoundland: 1

Yukon: 0

North West Territories: 0

Total number according to risk group:

Homosexual or bisexual men: 778 (82.4%)

(Homosexual or bisexual men who are also IV drug users: 26)

Intravenous Drug Abusers: 3 (0.3%)

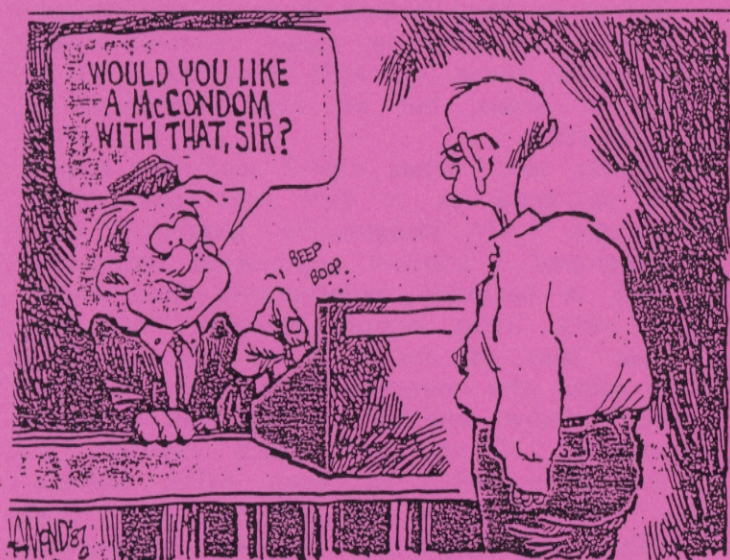
Recipients of blood or blood products: 34 (3.6%)

Heterosexual partners of high-risk individuals 23 (2.4%)

Persons from endemic areas: 61 (6.5%)

Children (of infected parents or who have received blood transfusions): 18 (1.9%)

Unknown/Unavailable for follow-up: 27 (2.9%)



NEWS ITEM: CONVENIENCE STORE CHAINS NOW SELLING CONDOMS ON A TRIAL BASIS

**NOW THAT'S
A HAPPY MEAL!**

ROSS ARMSTRONG Memorial Fund

On the 1st of July 1986, the Ross Armstrong Memorial Fund was established. The Fund uses monies donated or raised directly to assist persons with AIDS or ARC who are experiencing financial hardship.

The fund is administered by an independent panel appointed by the AIDS NETWORK Board of Directors.

If you would like more information on the Ross Armstrong Memorial Fund or if you would like to make an application for an award, contact the AIDS NETWORK at the Ross Armstrong Office.

ROSS ARMSTRONG UPDATE

23 March, 1987

Balance \$2,761.70

Total Income \$ 3,617.02

Awards 855.32

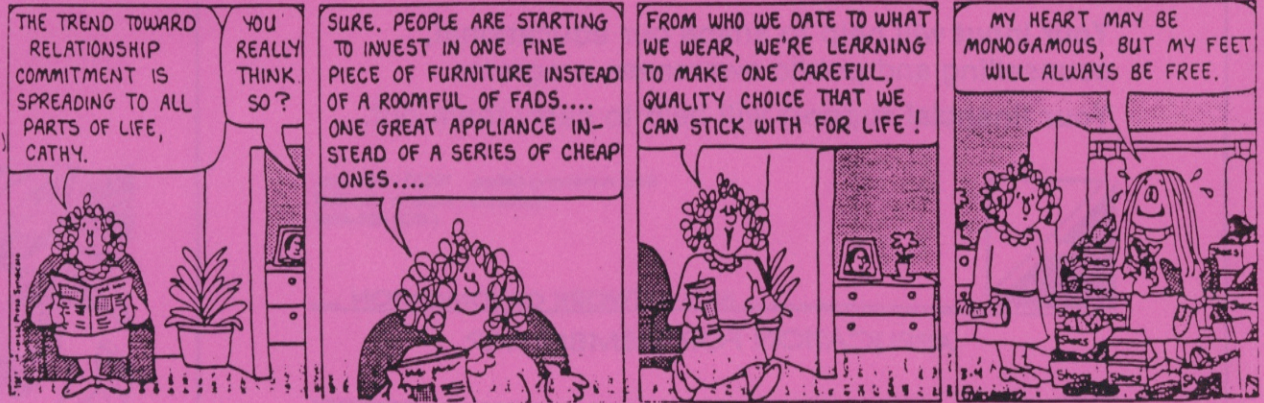
WHAT WE DO

NETWORK PRESENTATIONS

As part of the mandate of the AIDS NETWORK in the area of education, the staff and volunteers are kept busy with presentations to all kinds of groups interested in learning the facts about AIDS. Some of the places and organizations we've spoken at in the past month include:

M.E. Lazerte High School
Faculty of Nursing, U of A
St. Dominic's Catholic Parish
Family Violence Conference
Alberta Association of Home Maker Services
Palliative Care Unit, Edmonton Home Services
St. Stephen's College, U of A
Interval House
Gay Alliance Toward Equality (GATE)
Gays and Lesbians on Campus (GALOC) U of A
Family Services Association
Sexual Assault Centre

We welcome the opportunity to speak to groups, large or small. If you are interested in hosting a presentation by the AIDS NETWORK to your group, please contact us (424-4767).



Reprinted from The Edmonton Sun

THANKS

SUNDAY SHOPPING

- Business says it's great -
- Parliament says to stop -
- Something totally illegal -

March 8th kicked off the first Sunday Shopping AIDS Benefit at Boots & Saddles. A late night variety show raised \$800.00 for the NETWORK, with hosts ORA, Lulu and Patty P, and featuring Joan Crosbie's safe sex assault.

Next Sunday Shopping - May 10th.

VOLUNTEERS

A big bouquet of thanks to each of our twenty-nine new volunteers, working either in the areas of office work, telephone information work, or training for the speakers' bureau or emotional and practical support. Already they have been a big help to us. If anyone is interested in signing up for the next Volunteer Training (sometime this summer), please call Marion at 424-4767.

donations

PLEASE BE GENEROUS

The Ross Armstrong Office is in dire need of bookcases and shelving for pamphlets/books /office supplies. If anyone has these and would like to donate them to us, it would allow us to save our money for more important things. PLEASE CALL 424-4767.

HEPATITIS B AND AIDS

Gay men may be vaccinated against Hepatitis B free of charge at the Sexually Transmitted Disease Clinic (3rd Floor, 10105 - 109 Street - no appointment necessary).

In this age of AIDS, it is more important than ever for gay men to inoculate themselves against Hepatitis B. Hepatitis B is a liver disease that causes extreme fatigue and jaundice. It is quite common in the gay community, and if untreated, can cause death in some. As with AIDS, some men may carry the Hepatitis B virus (HBV) without developing symptoms but are infectious and may pass the virus to other men.

The connection between HBV and HIV, the virus that can cause AIDS, has long been suspected. Men whose immune symptoms have been weakened by Hepatitis B infection are more likely, it seems, to develop AIDS or ARC once they are infected with HIV.

It has also been recently established that men who are infected with both HBV (the virus that can cause Hepatitis B) and HIV (the virus that can cause AIDS) are more likely to pass both viruses to other men during sexual contact.

Once again, the vaccine for Hepatitis B (called Heptavax) is available free of charge through the STD Clinic. It is important that you begin the vaccination before March 31 if possible.

Become a **voice** in the AIDS NETWORK.

Your input will help to shape our educational, counselling and public awareness programs.

Your financial support will help to carry them out.



Ross Armstrong Office, 10233 - 98 Street,
Edmonton, Alberta T5J 0M7
(403) 424-4767

_____ AIDS NETWORK OF EDMONTON _____

APPLICATION FOR MEMBERSHIP

Name: _____

Address: _____

City: _____ Postal Code: _____ Phone: _____

A \$25⁰⁰ membership entitles the undersigned to discount admission at specified AIDS NETWORK events, regular newsletter mailings, and the right to vote at AIDS NETWORK meetings.

Signature: _____ Date: _____

Please notify the AIDS NETWORK if your address changes.

Please enquire about the reduced membership rates for students or the unemployed.



Office Address:

10233 - 98 Street
Edmonton, AB
T5J 0M7



Telephone Number:

Info Line: 429-AIDS
Business Line: 424-4767

Office Hours:

Monday - Friday 9 a.m. - 6 p.m.
Information Line Hours:
Monday - Friday 9 a.m. - 9 p.m.

The Newsletter is published monthly by the AIDS NETWORK OF EDMONTON SOCIETY with financial assistance from the HEALTH PROMOTION DIRECTORATE OF HEALTH AND WELFARE CANADA. The AIDS Network of Edmonton Society, incorporated in February, 1986, is a registered non-profit charitable organization. The mandate of the AIDS NETWORK is to provide education about AIDS to the high-risk groups and the general public, support to individuals with AIDS and ARC and co-ordination of services for individuals with AIDS/ARC.

Articles are usually prepared by NETWORK staff and/or the source acknowledged when reprinted.

**AIDS INFORMATION
LINE NOW OPEN
MON. - FRI. 9 AM - 9 PM
429-AIDS(2437)**

